

ABSTRACT OF THE DISCLOSURE

The present invention provides an ink for ink jet recording, in which the formation of a high-quality image is possible, image keeping quality is excellent, the ink is not dried at an ink jet head, and ejection stability is high, wherein the ink for ink jet recording comprises: at least one dye having a specific structure, in which the at least one dye is dissolved or dispersed in an aqueous medium; and a betaine surfactant, wherein, when the ink has been shaken 30 times or more for 10 seconds and allowed to stand for 3 minutes, a bubble height in the ink is 30 mm or less.